



RISING SUN®
PHYSICAL THERAPY

Move better. Feel better. Live better.
The Newsletter About Caring for Your Health



Knee Pain — What You “KNEED” To Know

Correcting Knee Pain In Runners

ALSO INSIDE:

How PT Can Help Your Knee Pain • Virtual Knee Pain Workshop
Staff Spotlight • Exercise Essentials • Healthy Recipe



Knee Pain — What You “KNEED” To Know

*Correcting Knee Pain
In Runners*

The knee is a tricky part of the body and the MOST complex. It is a hinge joint, meaning it is responsible for bearing weight and limiting movement to a back-and-forth motion. The bones that make up the knee include the tibia (shin bone), the femur (thigh bone), and the patella (kneecap). These are all held in place by the knee joint and surrounded by ligaments, tendons, muscles, and menisci. Because of the knee's complexities, sports and recreational activities (especially running!) can create a higher risk of injury. If you are experiencing pain in your knee that hinders your ability to run, hike, or walk, contact us at Rising Sun Physical Therapy today to set up an appointment.

Why does my knee hurt?

Several knee injuries can result from running. Some of the most common ones include:

- **Hamstring strain.** Hamstring strains are common in athletes and can cause pain around the thigh or knee. Your hamstring is a group of three muscles that run along the back of your thigh and help you bend your knee. One or more of these muscles can become strained or even torn through excessive use or injury. You can avoid hamstring tears by strengthening exercises of both the hamstrings and glutes, as they work together to bear weight. Stretching your hamstrings and quadriceps (the muscles at the front of the thigh) and doing

warm-up exercises before a run will help keep them warm and loose, thus decreasing your risk of straining them.

- **Meniscus tear.** A meniscus tear is one of the most common knee injuries. It occurs when the knee is twisted or rotated so that it shouldn't be, especially when your full weight is put on it. Both knees have two menisci, which are C-shaped pieces of cartilage that cushion your tibia and femur. When a meniscus is torn, the surrounding areas can become painful, swollen, or stiff. The movement in your knee may also be limited, making it difficult to bend or extend the knee.
- **Patellar tendinopathy.** This injury affects explicitly the tendon that connects your patella to your tibia. That tendon is known as the “patellar tendon.” The patellar tendon works together with your quadriceps to allow you to run, jump, and kick. However, when the tendon experiences excessive overuse, it can become torn and inflamed, resulting in patellar tendinopathy. Those with patellar tendinopathy typically experience pain between the patella and tibia. You may only notice the pain while running or working out at first, but it can become more frequent and severe over time, interfering with daily activities. You can prevent patellar tendinopathy by strengthening your thigh muscles and improving your running technique with a physical therapist's help.





How PT Can Help Your Knee Pain

• **Iliotibial band syndrome.** Iliotibial (IT) band syndrome frequently occurs in runners since it is caused by excessive knee bending. The IT band comprises a thick clump of fibers that run from the outside of the thigh, down the knee, and to the top of the tibia. IT band syndrome occurs when the IT band becomes too tight, making it difficult to glide smoothly over the knee and resulting in pain and swelling. IT band syndrome can be avoided by doing specific stretches before running, preventing the band from becoming too tight.

If you are suffering from any of these conditions or are experiencing knee pain in general, it is essential to schedule a physical therapist consultation. At Rising Sun Physical Therapy, we will conduct a thorough physical evaluation to create a diagnosis and determine where your pain is stemming from. Afterward, we will create a customized treatment plan based on your diagnosis's needs and your symptoms' severity.

Our treatment plans will incorporate both passive and active therapies for treating pain. Passive therapies are aimed at pain relief and healing, including specialized treatments such as manual therapy, ice and heat therapies, ultrasound, or electrical stimulation.

Active therapies are aimed at increasing strength, flexibility, range of motion, and overall function. These include condition-specific exercises and stretches that will target the affected area and any areas contributing to the pain. We will also provide you with helpful tips and techniques for avoiding further injury in the future.



Healthy Recipe *Winter Citrus Smoothie*

Ingredients

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for garnish

Directions

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from the freezer and top with orange ice mixture. Garnish each glass with cinnamon and a slice of an orange, if desired.

Call For Your Appointment Today! (415) 282-4083

JOIN US FOR OUR FIRST EVER VIRTUAL KNEE PAIN WORKSHOP!

Wednesday, January 13, 2021

6:00 PM via Zoom

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This workshop is for people that have knee pain, who are looking to feel normal again and heal naturally without unnecessary medications, injections, or surgery!

We Will Go Over:

- The three causes of knee pain that can lead to a knee replacement
- Learn what successful treatment and permanent relief look like
- Learn common mistakes that knee pain sufferers make
- Learn how to get your life back!

Click [HERE](#) to register and reserve your spot today!



The private practice of Bettina Neumann, her fellow therapists, and staff exceeds ANY hospital setting PT I have ever experienced. My ten-year-long struggle from injury and chronic pain has FINALLY been eased at Rising Sun over these past many months. I am stronger and healing after all this time and many prior attempts at PT. They even have state-of-the-art equipment and also have laser treatments available! The admin stuff is all the same or better, re: Insurance, payments and reports to my doctor, no sweat. They have different levels of licensing among the practitioners, including an occupational therapist, usually. So, whatever your needs, Bettina has you covered. She is often very busy, and the other staff are also popular. — Steph P.



Exercise Essentials Relieve Pain In Minutes!



QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee down towards the ground. Hold for 5 seconds and repeat 10 times on each leg.



Nicole Monaco, DPT

Nicole received her Doctorate in Physical Therapy from Kean University in New Jersey. She relocated to San Francisco in her final semester of school to pursue a specialty clinical rotation in a pelvic health clinic. Nicole has always had a particular interest in treating pelvic floor dysfunction due to the significant changes in the quality of life she can make for her patients, and she enjoys finding ways to challenge patients through exercise.

"I have been running for about 3 and a half years. I did my first half marathon in April of 2018 and have recently started getting into trail running around the East Bay and Marin county.

At Rising Sun Physical Therapy When assessing runners with knee pain, we look at the whole body from the top-down and bottom-up, assessing hip and foot stability and control as well as thoracic mobility, trunk rotation, and core stability. It's important to get an idea of how the entire body is functioning as a unit to be able to address the deficits causing the knee pain appropriately and in a manner that will last."



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